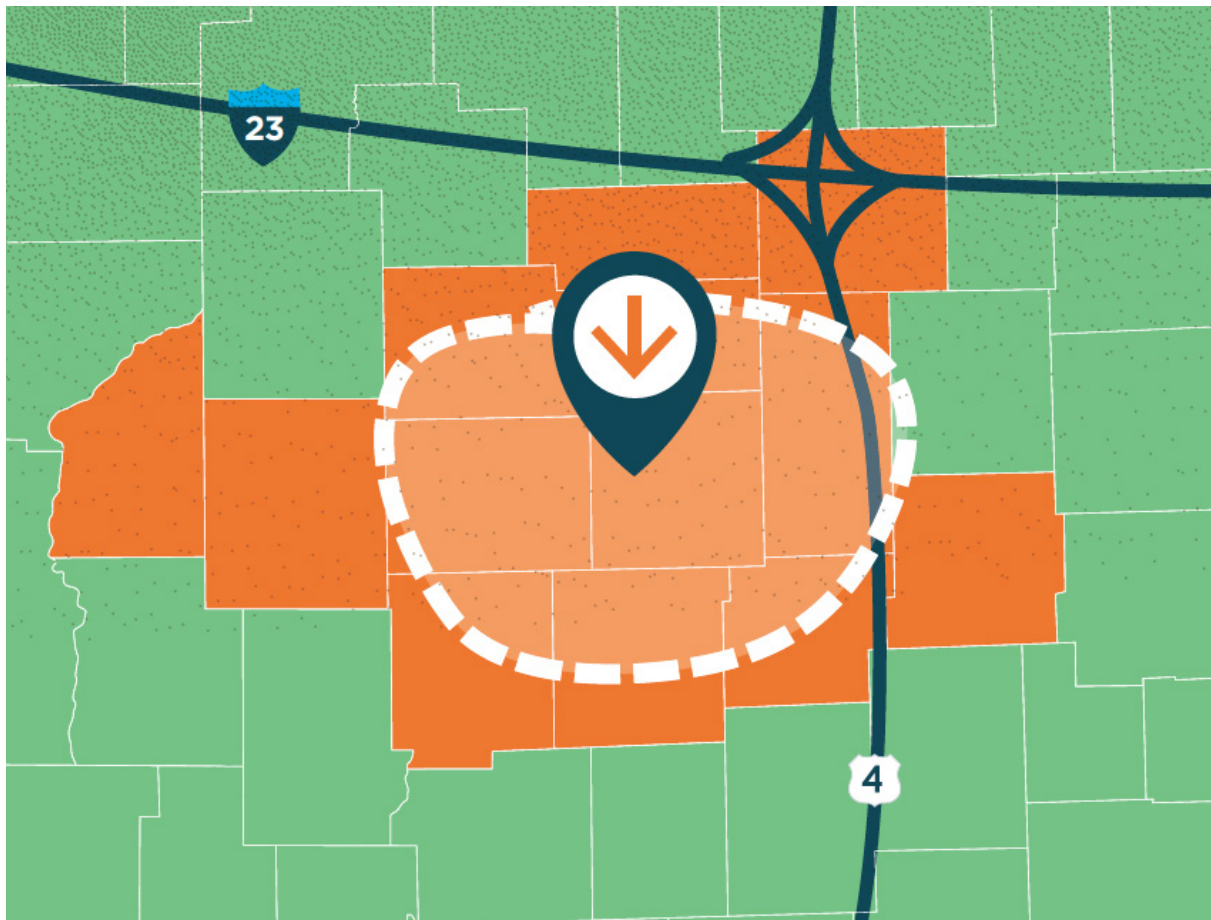


Did You Know?

FOCUS ON AREAS OF GREATEST NEED



Your ZIP Code can be more important than your genetic code. Profound health disparities exist, depending on where you live.

Did You Know?

6 SUBWAY STOPS, WORLDS APART – NY NEIGHBORHOODS

Neighborhood

Murray Hill

East Harlem

Life Expectancy

85 years

76 years

Why the Gap?



Good health outcomes are related to:

- Access to nutritious food
- Safe and walkable streets
- Active playgrounds and public spaces
- Good jobs
- Educational opportunities
- Stable housing

Residents of neighborhoods without these essentials are more likely to be burdened with the following, which ultimately leads to shorter lifespans:

- High rates of crime
- Obesity
- Diabetes
- Chronic illnesses

NEIGHBORHOOD AND HOUSING CHARACTERISTICS AND HEALTH

More information on reverse side



Did You Know?



NEIGHBORHOOD AND HOUSING CHARACTERISTICS RELATED TO SES

Compared to people with high socioeconomic status (SES), the poor are more likely to:

- Consume polluted air and water
- Reside in noisier, lower-quality and more crowded homes
- Live in more dangerous neighborhoods with greater physical deterioration and poorer city services
- Attend inferior schools and day care centers
- Be impacted by social determinants related to stress, violence, family turmoil and racial segregation

- *Wright RJ, Fisher EB. "Putting asthma into context: community influences on risk, behavior, and intervention." In: Kawachi I, Berkman LF, eds. Neighborhoods and Health. New York, NY: Oxford University Press; 2003:233– 262*
- *Sandel M, Wright RJ. "When home is where the stress is: expanding the dimensions of housing that influence asthma morbidity." Arch Dis Child.2006;91 (11):942– 948*
- *Evans GW. "The environment of childhood poverty." Am Psychol.2004;59 (2):77– 92*

Did You Know?

ADVERSE CHILDHOOD EXPERIENCES (ACE) *Early Life Events Can Damage Our Adult Health*

The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Mother treated violently



Divorce



Incarcerated Relative



Substance Abuse

Possible Risk Outcomes:

BEHAVIOR



Lack of physical activity



Smoking



Alcoholism



Drug use



Missed work

PHYSICAL & MENTAL HEALTH



Severe obesity



Diabetes



Depression



Suicide attempts



STDs



Heart disease



Cancer



Stroke



COPD



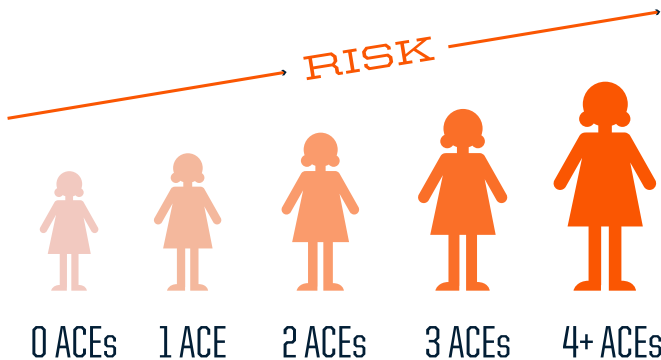
Broken bones

Did You Know?

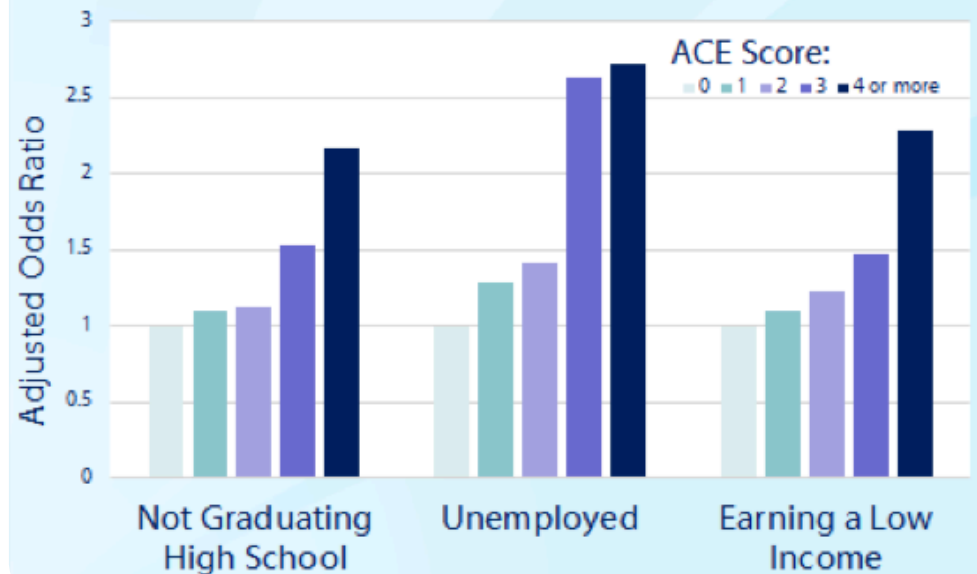
ADVERSE CHILDHOOD EXPERIENCES (ACE)

WHAT IMPACT DO ACEs HAVE?

As the number of ACEs increases, so does the risk for negative health outcomes



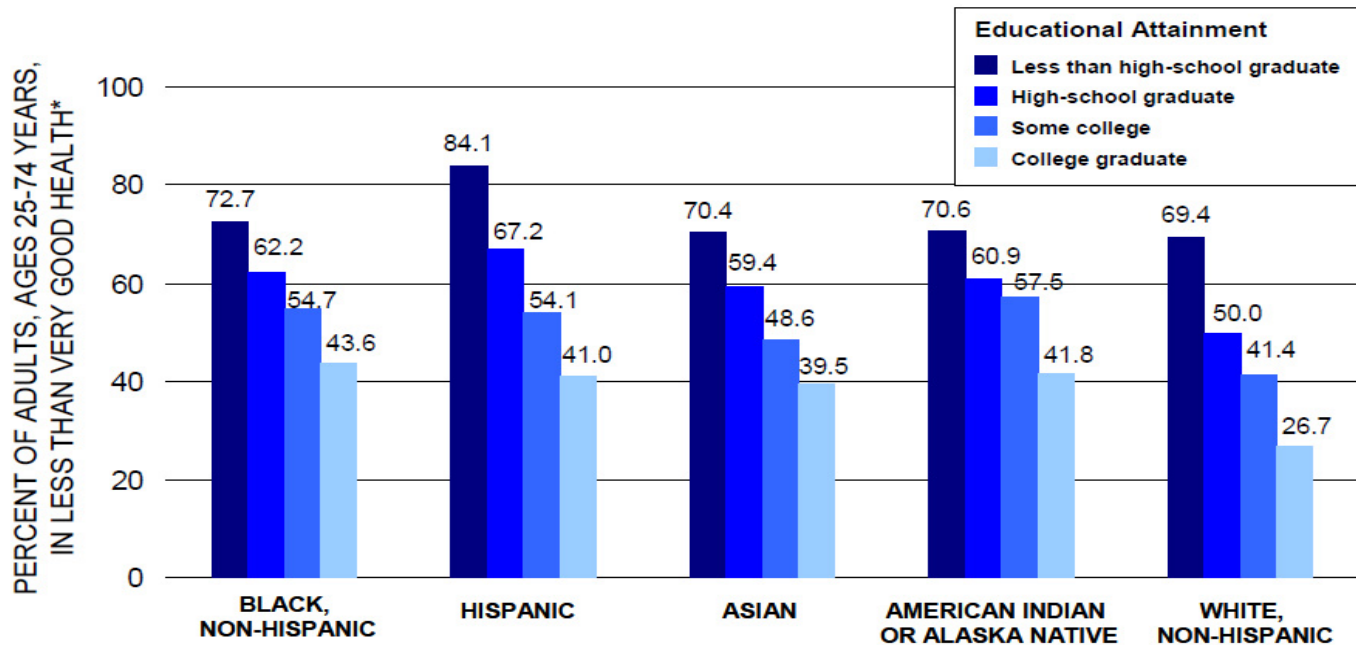
ACEs and Life Potential



Did You Know?

LESS EDUCATION IS LINKED TO PERCEPTIONS OF POOR HEALTH

Across racial or ethnic groups, adults with less educational attainment are more likely to self-report that their health is “less than very good.”



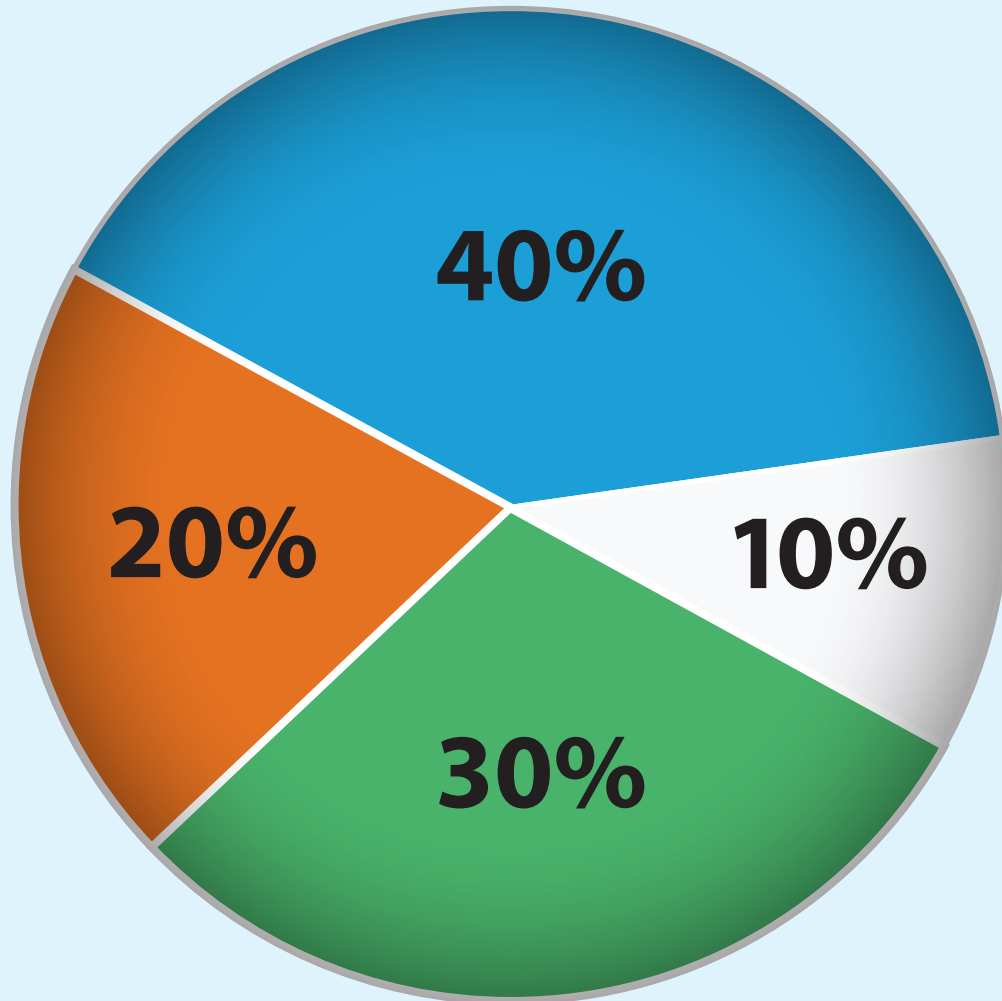
Source: Behavioral Risk Factor Surveillance System Survey Data, 2005-2007.

† Based on self-report and measured as poor, fair, good, very good or excellent.

* Age-adjusted.

Know What Affects Health

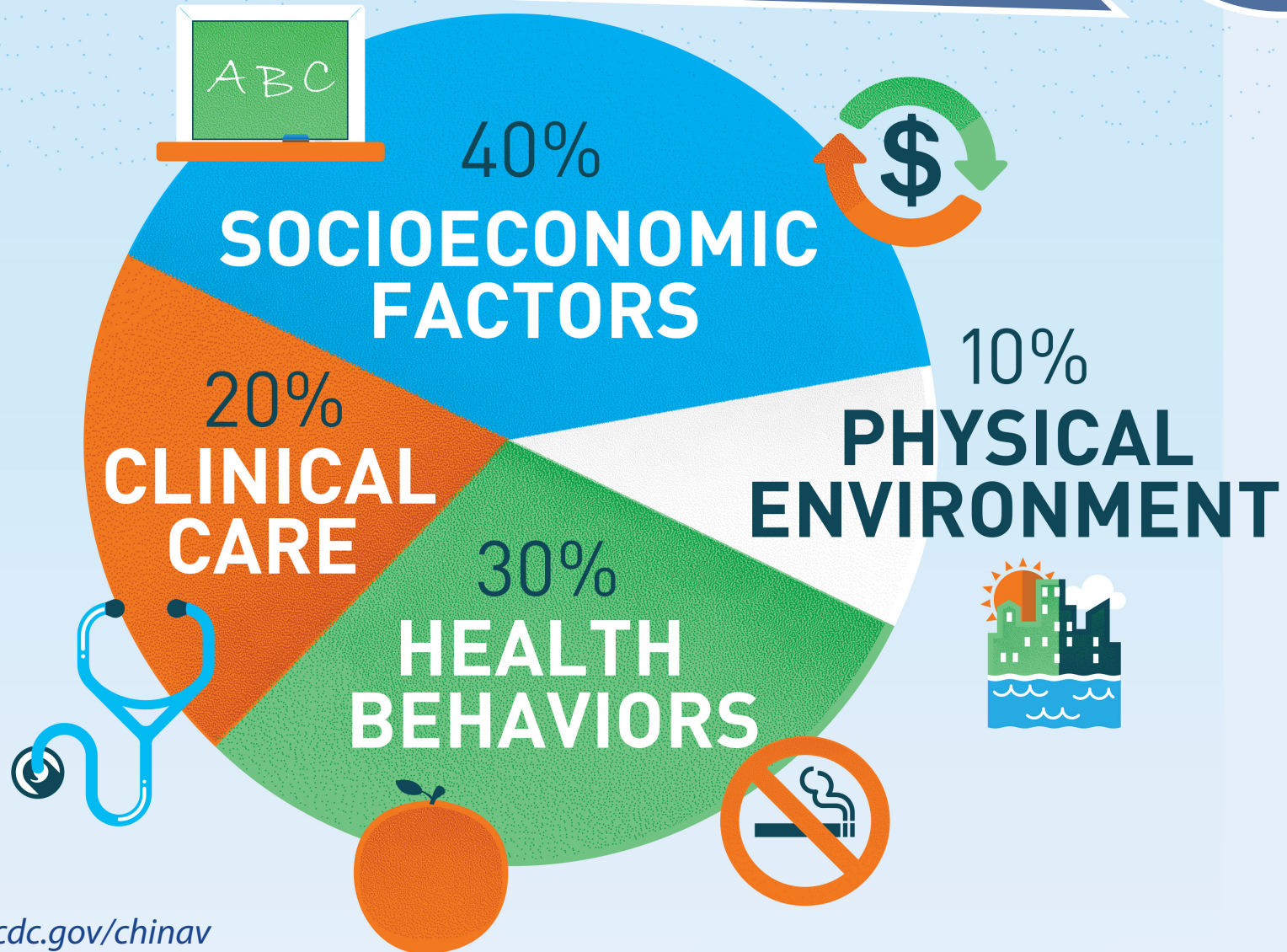
More information on reverse side



Match these factors to their impact level:

- Physical environment
- Clinical care
- Socioeconomic factors
- Health behaviors

Know What Affects Health

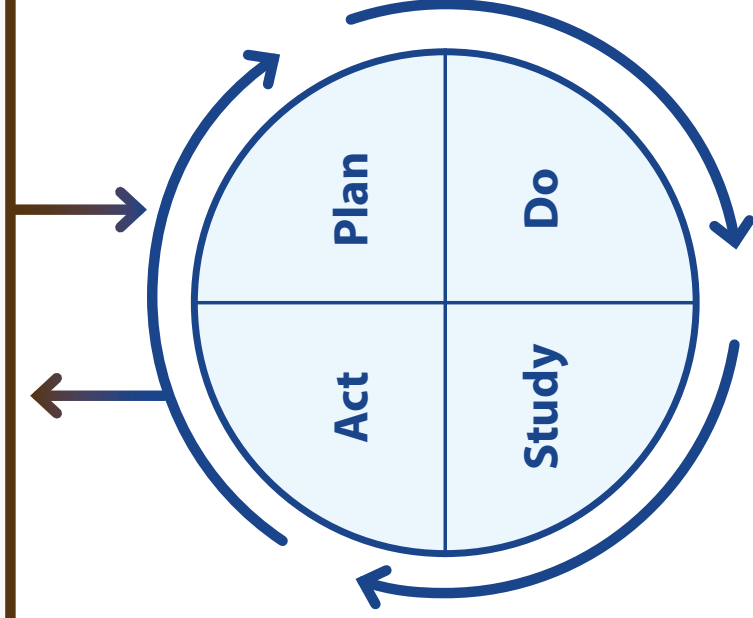


Model for Improvement

What are we trying to accomplish?

How will we know that a change is an improvement?

What changes can we make that will result in improvement?



Source: Langley GJ, Moen R, Nolan KM, Nolan TW, Norman CL, Provost LP. The Improvement Guide: A Practical Approach to Enhancing Organizational Performance (2nd edition). San Francisco: Jossey-Bass Publishers; 2009.